

Taking Charge of Your Diabetes



Taking charge of your diabetes can be tough. Selecting the right foods and doing the right exercises can be confusing. Let the professionals at the Washington DC VA Medical Center help you make the right choices, choices that will lead you to a healthier more enjoyable life.

The LIVE team will create an individualized plan to improve your well-being featuring:

- Exercise
- Nutrition
- Stress Management
- Art and Music Therapy
- Spiritual Support

The LIVE program was developed to provide you with the tools you need to take charge of your diabetes and your LIFE! That's why we call it Lifestyle Intervention for Veterans.

Contact Information

Patient Service Center
(appointment/medical advice) 202-745-8577

Veterans Crisis Line 800-273-8255

Community Based Outpatient Clinics

Southern Prince George's County
5801 Allentown Road
Camp Springs, MD 20746 301-423-3700

Southern Maryland
29431 Charlotte Hall Road
Charlotte Hall, MD 20622 301-884-7102

Greenbelt
7525 Greenway Center Drive, Suite T-4
Greenbelt East Professional Center
Greenbelt, MD 20770 301-345-2463

Southeast DC
820 Chesapeake Street, SE
Washington, DC 20032 202-745-8685

VA-Ft. Belvoir
9300 DeWitt Loop
Ft. Belvoir, VA 22060 571-231-2408



WASHINGTON DC
VETERANS AFFAIRS MEDICAL CENTER
CAPITOL * EXCELLENCE

Department of Veterans Affairs Medical Center
50 Irving Street, NW
Washington, DC 20422
202-745-8000
www.washingtondc.va.gov



LIVe

Lifestyle Intervention for Veterans



Make a Lifestyle Change and LIVe!



VA
HEALTH
CARE

Defining
EXCELLENCE
in the 21st Century

Explore LIVE



The LIVE program is for diabetic Veterans. It is a holistic approach to building a healthy body, mind and spirit.



The Washington DC VA Medical Center (DCVAMC) is a national leader in providing quality care to Veterans. DCVAMC serves Veterans from our national capital region with Veteran-centered care in an environment that fosters respect and compassion. Our service area includes Washington DC, suburban and Southern Maryland and Northern Virginia. We also support the LIVE program at the Martinsburg WV VAMC.

Make a Lifestyle Change and LIVE!



Lifestyle Intervention for Veterans

Well being is based upon a good balance of a healthy body, mind and spirit.

The Washington DC VA Medical Center's LIVE program was designed to help Veterans achieve this balance.

The LIVE program offers 8 to 12 weeks of individualized instruction and counseling to diabetic Veterans who join the program. The lifestyle skills you will learn will start you in the direction of better health and greater satisfaction in all areas of your life.

LIVE The Best Life You Can

Diabetic Veterans...

- Are you interested in losing weight?
- Do you want to improve your endurance?
- Do you want to better manage your diabetes?

To Find Out More...

- Ask your primary health care provider how to enroll in LIVE
- Call LIVE team coordinator, Dr. Helen Sheriff, at (202) 745-8000, Ext. 5483
- Send an email to LIVE@va.gov
- Visit our website: www.washingtondc.va.gov
- You may also contact our Patient Service Center at 202-745-8577 or call toll free 1-877-DCVAMC1 (1-877-328-2621) for more information.